

Columbia Parks and Recreation Adaptive Sports Chronicle

Volume VII - Issue 6

March

ADAPTED SPORTS

Basketball....

All of our teams will participate at Regionals in Jefferson City on March 7. Athletes should have received their information packets. It is important that athletes arrive on time at their assigned gym. Please read packet carefully. Only a few teams will advance to the State Tournament March 27-29 in Fort Leonard Wood. Advancement list should be available on March 11. Teams that do not advance will participate in a local tournament during the last weeks practice periods. A game schedule will be sent out as soon as details are finalized.

Tournament Schedule

Regionals

March 7 Jeff City

State

March 27-29 Fort Leonard Wood

Swimming....

We welcome new Coach Abby Rinderer. She & Coordinator Laurie Arbuckle with their amazing team of volunteers got swim practice off to a productive start. Volunteers and athletes alike are benefiting from the relationships formed.

Practice Schedule

Hickman HS Pool - Sundays

Everyone 6-7:15p

Meet Schedule

Area - MU Rec Complex

April 11 1-5:30pm

State - Springfield

May 30 TBD

March Adapted Dance
Friday, March 13
"Spring Fling"

ADAPTED SPORTS

Track & Field....

Track and Field practice location is West Middle School. Coach Cindy Green with a large contingent of volunteers are looking forward to the season starting. Practice begins March 12. It is important all athletes arrive early. Athletes must check in, name tag on ready to practice at 5:30pm. Please check hotline before practice if we have rain/snow/ice the day of practice. Hotline number 573-874-7663; option 2. Practice dates are: March 12, 19; April 2, 9, 16, 23, 30; and May 7, 14.

Practice Schedule

West Middle School -Thursdays

Everyone 5:30-6:30p

Meet Schedule

Area - Rock Bridge HS

April 18 1-5p

State - Springfield

May 30-31 TBA

Volleyball....

Volleyball is set to begin March 4. Coach Allan Moore will be joined by a strong group of assistants. With Brian Herr as Coordinator things will run smooth as silk. Practices dates are: March 4, 11, 18; April 1, 15, 22, 29; and May 6.

Practice Schedule

Armory - Wednesdays

Everyone 6-7:15p

Competition Schedule

Area - Jeff City High School

May 2 TBD

ADAPTED SPORTS

Softball....

Registration opens March 15th. Practices start on Mon, May 11 and Tues, May 12 at Again Street Park. Teams will be set after the close of registration. Athletes will be notified of practice time.

Registration # 315602-01

Golf....

Registration opens March 15th. Practice begins Thur, June 18. Athletes/Partners must possess a certain level of skill & knowledge of the game before moving to course play.

Registration # 315604-01

L. A. Nickell - Thursdays

Individual Skills 6-7p

Alternate Shot 6-8p

Tennis....

Registration opens March 15th. Practice will be Wednesdays 6:30-8p and begin July 15 at Cosmo courts. Athletes will be notified of practice schedule after close of registration.

Registration # 315601-01

Bocce....

Registration opens March 15th. Practice will be Thursdays 6-7p at West Blvd. Elementary. Practices will be held outside & begin Thur, July 23. Registration closes when maximum # of participants is reached.

Registration #315607-01

Upcoming Registrations

Softball, Golf, Tennis and Bocce

Participation fee is \$15 payable
at time of registration.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 22 <u>Hickman</u> Swim Practice 6p-7:15p	FEBRUARY 23 <u>New Haven</u> BB Practice	FEBRUARY 24 <u>New Haven</u> BB Practice	FEBRUARY 25	FEBRUARY 26	FEBRUARY 27	FEBRUARY 28
		<div> ATHLETE HONORS Allison D'Agostino SOMO Athlete of the Year Duke Simmons SOMO Hall of Fame </div>				
MARCH 1 <u>Hickman</u> Swim Practice 6p-7:15p	MARCH 2 <u>New Haven</u> BB Practice	MARCH 3 <u>New Haven</u> BB Practice	MARCH 4 <u>Armory</u> VB Practice 6-7:15pm			MARCH 7 <u>Jeff City</u> Regional BB
MARCH 8 <u>Hickman</u> Swim Practice 6p-7:15p	MARCH 9 <u>New Haven</u> BB Practice	MARCH 10 <u>New Haven</u> BB Practice	MARCH 11 <u>Armory</u> VB Practice 6-7:15pm	MARCH 12 <u>West Middle</u> Track & Field Practice 5:30p-6:30p	MARCH 13 <u>ARC</u> Adapted Dance 7p-9p \$4 cost	MARCH 14
MARCH 15 <u>Hickman</u> Swim Practice 6p-7:15p	MARCH 16 <u>New Haven</u> BB Practice	MARCH 17 <u>New Haven</u> BB Practice	MARCH 18 <u>Armory</u> VB Practice 6-7:15pm	MARCH 19 <u>West Middle</u> Track & Field Practice 5:30p-6:30p	MARCH 20	MARCH 21
MARCH 22	MARCH 23	MARCH 24	MARCH 25	MARCH 26	MARCH 27 <u>Fort Leonard</u> <u>Wood</u> State BB	MARCH 28 <u>Fort Leonard</u> <u>Wood</u> State BB
MARCH 29 <u>Fort Leonard</u> <u>Wood</u> State BB <u>Hickman</u> Swim Practice 6p-7:15p	MARCH 30	MARCH 31	APRIL 1 <u>Armory</u> VB Practice 6-7:15pm	APRIL 2 <u>West Middle</u> Track & Field Practice 5:30p-6:30p	APRIL 3	APRIL 4

MARCH 15